

RENO CIVIL SERVICE COMMISSION
FIREFIGHTER PHYSICAL AGILITY EXAMINATION

STAIR CLIMB

Instructions to candidates for the STAIR CLIMB:

This event simulates the candidate's ability to carry a high-rise hose pack with a breathing apparatus up a flight of stairs.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event from a standing position at the starting line. At the commands, "Ready, Set, GO!" you will cross the starting line, pick up the hose pack and advance up the designated stairway to the seventh floor landing. If you drop the hose pack, you must pick it up immediately and continue. Time begins at the command "GO" and stops when you cross the finish line on the seventh floor landing.

One word of caution:

You do not need to touch each step, but if you fall and injure yourself skipping steps and cannot continue, you will be disqualified.

You may not stop or pause for more than five seconds. If you stop or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

You will be allowed one attempt to qualify in this event. You must follow instructions or default on that attempt. You must complete this event. Failure to complete this event will result in automatic disqualification. If disqualified, you will not be allowed to proceed any further in the examination process. The time for those successfully completing each event will be recorded and we will advise you later as to your status.

Are there any questions?

Note to proctors: Except for answering questions required for clarification of these instructions, there will be no exchange of conversation between proctors and candidates.

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HOSE HOIST

Instructions to candidates for the HOSE HOIST:

This event simulates the candidate's ability to raise aloft a 47-pound fire extinguisher, hose or other equipment to a height equal to the roof of a two-story building.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event from a standing position at the floor landing rail, grasping the rope in both hands with the slack taken up. You must start this event by grasping the rope with your palms inward and your thumbs pointing down.

At the commands, "Ready, Set, GO!" you will pull on the rope, hand over hand, until the weight is hauled over the top of the railing and placed on the landing. During the lift, you should keep your arms extended over the outside of the railing so that the slack rope falls outside the railing.

You may not tie off the rope OR drag it over the railing to rest or otherwise ease the lift. To do so will result in automatic disqualification. You may lower the weight anytime. However, if after the lift has begun, any part of the weight touches the ground or the starting platform, you will be automatically disqualified. Time begins at the command "GO" and stops when the weight is hauled over the railing and placed on the landing.

You may not stop or pause for more than five seconds. If you stop or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

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4 FOOT FENCE CLIMB

Instructions to candidates for the 4 FOOT FENCE CLIMB:

This event simulates the behaviors required to scale a four-foot high fence or a barrier wall such as required during fire or rescue operations.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event from a standing position at the starting line. At the commands, "Ready, Set, GO!" you will cross the starting line and go 10 feet to the fence. You must get over the fence without using any side supports. You must then go to the finish line, which is 10 feet beyond the fence. Time begins at the command "GO" and stops when you cross the finish line.

You may not stop or pause for more than five seconds. If you stop or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

You will be allowed one attempt to qualify in this event. You must follow instructions or default on that attempt. You must complete this event. Failure to complete this event will result in automatic disqualification. If disqualified, you will not be allowed to proceed any further in the examination process. The time for those successfully completing each event will be recorded and we will advise you later as to your status.

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ADVANCE HOSE LINE

Instructions to candidates for the ADVANCE HOSE LINE:

This event simulates the advance of a 1 ¾ inch charged fire line under emergency fire conditions.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event from a standing position at the starting line, hose in hand, facing the marked corridor. At the commands, "Ready, Set, GO!" you will advance the charged hose line down the marked 75-foot long corridor until you cross the finish line.

You must stay between the marked lines at all times. If you step on or over either line, you will be required to return and resume from that point to the finish line. Time begins at the command "GO" and stops when you cross the finish line.

You may not drop or turn loose of the hose, stop or pause for more than five seconds. If you drop or turn loose of the hose, stop, or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

You will be allowed one attempt to qualify in this event. You must follow instructions or default on that attempt. You must complete this event. Failure to complete this event will result in automatic disqualification. If disqualified, you will not be allowed to proceed any further in the examination process. The time for those successfully completing each event will be recorded and we will advise you later as to your status.

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JUMP, CRAWL AND DRAG

Instructions to candidates for the JUMP, CRAWL AND DRAG:

This event simulates jumping a ditch, dragging a charged fire hose into a burning building with restricted crawl space and then removing a dead weight object, such as an unconscious child, from the area.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event from a standing position at the starting line. At the commands, "Ready, Set, GO!" you will proceed as quickly as you can, jumping over the "ditch," proceeding through the two traffic cones and picking up the charged fire hose, which is lying on the same line as the traffic cones. Continue by dragging the fire hose with you as you crawl through the restricted space to the dead weight object at the other end. You must advance the hose between the nozzle and yellow duct tape at all times. Place the nozzle on or beyond the line which is clearly marked and grasp the handle of the 75-pound dead weight, which is lying on the same mark. Return through the restricted crawl space, dragging the dead weight with you to the finish line. Time begins at the command "GO" and stops when the dead weight crosses the finish line.

The "ditch" represented is deep; therefore, when jumping the ditch, you must land on the other side. If your foot lands on the "ditch," we will require that you go back and jump it until you clear it. If you cannot clear the "ditch," you will be disqualified. You may not stop or pause for more than five seconds. If you stop or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

You will be allowed one attempt to qualify in this event. You must follow instructions or default on that attempt. You must complete this event. Failure to complete this event will result in automatic disqualification. If disqualified, you will not be allowed to proceed any further in the examination process. The time for those successfully completing each event will be recorded and we will advise you later as to your status.

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REMOVE & REPLACE SIMULATED ROOF LADDER

Instructions to candidates for the REMOVE AND REPLACE SIMULATED ROOF LADDER:

This event simulates removing and replacing a 14-foot ladder on a typical Reno Fire Department apparatus in a restricted space. This ladder weighs 42 pounds.

You will wear a turnout jacket, helmet, gloves and a self-contained breathing apparatus (less a regulator and face piece) during this event. You will begin this event by standing in a 4-foot square at the center of the ladder. At the commands, "Ready, Set, GO!" you will grasp the ladder by the rungs, remove the ladder from the mounting bracket, lower it to the ground and LEAN it against the STAND. You will then release the ladder, return it to a standing position and RAISE YOUR HANDS over your head. You will then reach down, pick up the ladder by the rungs and replace it on the mounting bracket. Time begins at the command "GO" and stops when the ladder is placed into the bracket.

One word of caution:

If the ladder is forcefully set back into the bracket, it may bounce out. Keep your hands on the ladder until I tell you to release it.

You must keep your feet within the 4-foot square at all times. Failure to do so will automatically disqualify you. You may not stop or pause for more than five seconds. If you stop or pause for more than five seconds, as counted by the proctor, you will be automatically disqualified.

You will be allowed one attempt to qualify in this event. You must follow instructions or default on that attempt. You must complete this event. Failure to complete this event will result in automatic disqualification. If disqualified, you will not be allowed to proceed any further in the examination process. The time for those successfully completing each event will be recorded and we will advise you later as to your status.

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